



An Acupuncturist's approach to pain.

Acupuncture practitioners recognize that there is a vital energy, called Qi, (pronounced "chee"), circulating within the body. Qi flows through a series of pathways called meridians. Meridians are like rivers within your body. Wherever a river flows, it brings with it water that provides nourishment and life to the land, plants and people around it. Likewise, meridians transport life-giving Qi that provides nourishment to every cell, tissue, muscle, organ and gland in the body. It is important for Qi to flow freely throughout the body. Think of water flowing through a garden hose. A blocked hose will not provide an adequate supply of water to a plant. Eventually, the plant will be unable to thrive, grow and blossom.

Similarly, a blockage in the flow of Qi anywhere in the body will inhibit the amount of nourishment that reaches our cells, tissues, muscles, organs and glands. Under normal circumstances, your body can easily return to good health and vitality. But if the disruption of Qi is prolonged or excessive, or if your body is in a weakened state, the flow of Qi becomes restricted and a variety of symptoms - including pain – may arise.

What does acupuncture do?

By inserting fine, sterile needles at specific points, an acupuncturist is able to break up blockages that have hampered the smooth flow of Qi. Once this is done, Qi can travel freely throughout the body, promoting pain-free health, well-being and vitality.

Not only can acupuncture treat signs and symptoms of pain and discomfort, it can also get to the root of the problem. When the initial cause of the pain is corrected, your body can begin to heal on deeper levels.

Your acupuncturist may also suggest adjunct therapies to enhance and speed healing. Massage, stretching, yoga, herbal supplements and dietary changes support acupuncture care.

"I can't see a better solution to long-term chronic pain. There is no question in my mind that acupuncture is safer than surgery or drugs."

— Dr. Bruce Pomeranz, Neuroscientist, University of Toronto

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